

Holly Kleiman of Salt + Sapphire Wellness Center and Spa Recently Featured on Close Up Radio

SAINT JOSEPH, MI, UNITED STATES,
September 17, 2026 /

EINPresswire.com/ -- What if we've been asking the wrong question about health? For generations, we've been taught to ask, "What's wrong?"

Healthcare has made extraordinary advances in diagnosing illness, treating disease, and saving lives. Yet Holly Kleiman believes there is another question equally worthy of our attention.

"What does the body need to thrive?"

That single question became the inspiration behind Sapphire + Salt, a luxury longevity wellness destination in St. Joseph, Michigan, where science, nature, and intentional design come together to help people reconnect with the healthiest version of themselves.

After spending more than twenty-six years as an executive healthcare consultant helping employers navigate the complexities of America's healthcare system, Kleiman witnessed both the brilliance of modern medicine and the growing desire for a more proactive approach to well-being.

"I'll always be grateful for what modern medicine makes possible," says Kleiman. "It saves lives every day. But I also believe we have an incredible opportunity to help people create health, not simply respond when health is lost."

That realization became the foundation of Sapphire + Salt and one guiding belief: Health is



Wealth.

"Our bodies are far more intelligent than we've been taught," says Kleiman. "Every heartbeat, every breath, every thought is powered by electrical activity. Chemistry certainly matters, but chemistry follows energy. When we create an environment that supports the body's natural communication systems, we give ourselves the opportunity to function the way we were designed."

That philosophy influences every detail of the Sapphire + Salt experience.

Guests frequently remark that they begin to feel calmer before experiencing a single service. That response is intentional.

From thoughtfully selected lighting designed to better support natural circadian rhythms to peaceful spaces that encourage the nervous system to slow down, every element has been carefully considered.

"We live in a world filled with constant stimulation," Kleiman explains. "Sometimes the greatest gift we can offer someone is an environment where they finally have permission to exhale."

One guest captured the experience in a way Kleiman will never forget.

"I feel better the moment I walk through the doors. I get emotional. I just love it here."

For Kleiman, those words represent something far deeper than beautiful design.



"They're not describing a machine," she says. "They're describing what happens when someone feels seen, supported, and surrounded by an environment intentionally created for restoration."

Sapphire + Salt offers a thoughtfully curated collection of evidence-informed, non-invasive wellness experiences including red light therapy, infrared saunas, halotherapy, sauna/cold plunge contrast, lymphatic drainage, vibration, hyperbaric oxygen, bioenergetic wellness assessments, and a doctor created heavy metal detox program. Kleiman is quick to point out that the technologies are not the destination.

"They're simply tools."

"People don't walk through our doors because they want another wellness technology. They come because they want to feel like themselves again."

Rather than viewing each modality independently, Sapphire + Salt approaches wellness through a larger philosophy of supporting the body's interconnected systems.

"Every heartbeat, every breath, every thought, every movement requires energy," Kleiman explains. "Every cell depends on ATP. ATP is the body's energy currency to perform its work. If energy is fundamental to every function of the body, then one of the

most meaningful ways we can support overall vitality is by supporting the body's energy systems." One member, age 76, arrived physically and emotionally exhausted after months of caring for her husband following a stroke. Through weekly participation in several wellness services and meaningful lifestyle changes, she rediscovered energy, strength, confidence, and a



renewed sense of purpose.

One of Sapphire + Salt's signature experiences is its bioenergetic wellness assessment.

Inspired by systems-thinking approaches to bioenergetics, the assessment is designed to provide insight into patterns that may help individuals better understand how physical, emotional, nutritional, and environmental stressors may be influencing their overall well-being. It is not intended to diagnose disease, but rather to support informed wellness conversations and personalized lifestyle choices and to give the body corrective information to perform better.

For Kleiman, wellness extends beyond the physical body. Mind. Body. Spirit.

We treat the Mind. We treat the Body. We treat your Spirit.

"The more I've studied health, the more I've come to appreciate that we cannot separate our thoughts, our emotions, our environment, and our physical well-being," she says.

Her philosophy has been shaped by decades in healthcare, a deep curiosity about cellular health, circadian biology, human performance, and bioenergetics, as well as the personal influence of educators including Dr. Wayne Dyer, Harry Massey, Bruce Lipton, Greg Bradon and Joe Dispenza. But one influence stands apart.

Long before Sapphire + Salt welcomed its first guest, it existed in Holly Kleiman's imagination.

On her downtime, she found herself listening to Dr. Wayne Dyer's lectures and watching The Shift. Those moments encouraged her to ask a different question. Not "What career do I want next?" but "Who am I being called to become?"

Slowly, a vision emerged. She could see a place where science and nature existed in harmony. A place where people felt safe. Seen. Restored. A place where wellness wasn't about fixing what was broken, but about rediscovering what had always been there.

Years later, that vision became Sapphire + Salt.

"Our role isn't to create a new you," Kleiman says. "It's to help you reconnect with the extraordinary intelligence that has been within you all along."

That belief has become the cornerstone of the Sapphire + Salt philosophy.

The environment we create, the light we live under, the food we eat, the way we move, the quality of our sleep, our relationships, our thoughts, our purpose, and the moments we create for restoration, all shape how we experience life.

“When we intentionally change the environment around us and within us,” says Kleiman, “we create the conditions for our greatest potential to emerge.”

Today, clients often describe leaving Sapphire + Salt with more energy, greater clarity, renewed hope, and a deeper connection to themselves.

Although Sapphire + Salt incorporates advanced wellness technologies, Kleiman believes the greatest transformation isn't found in a machine.

It's found in a shift in perspective.

“I don't believe longevity is simply about living longer,” she says. “I believe it's about having more life in the years we've been given.”

As Sapphire + Salt continues to grow, Kleiman hopes to inspire a broader conversation about what wellness can become when we honor the best of science, respect the wisdom of nature, and recognize the remarkable intelligence of the human body.

“We believe that when we intentionally change the environment around us and within us, we create the conditions for our greatest potential to emerge. Our role isn't to create a new you. It's to help you reconnect with the extraordinary intelligence that has been within you all along.”

Because wellness isn't something we find. It's something we create.

About Sapphire + Salt

Founded by healthcare executive and wellness entrepreneur Holly Kleiman, Sapphire + Salt is a luxury longevity wellness destination in St. Joseph, Michigan. Through evidence-informed, non-invasive wellness experiences and thoughtfully designed environments, Sapphire + Salt helps individuals support vitality, resilience, recovery, and whole-person well-being.

Guided by the belief that Health is Wealth, Sapphire + Salt combines modern science, the wisdom of nature, and intentional human connection to help people reconnect with the healthiest version of themselves.

Close Up Radio recently featured Holly Kleiman, founder of Salt + Sapphire Wellness Center and Spa, in an interview with Jim Masters on Tuesday September 15th at 4pm Eastern

[Listen to the Podcast](#)

<https://podcasts.apple.com/us/podcast/close-up-radio-welcomes-back-holly-kleiman-of-salt/id1785721253?i=1000790297884>

<https://www.iheart.com/podcast/269-close-up-radio-242020413/episode/close-up-radio-welcomes-back-holly-kleiman-of-salt-sapphire-wellness-center-and-spa-345504273>

<https://open.spotify.com/episode/3K8MhtyubNKz63zyRUMtDY>

For more information about Holly Kleiman, please visit <https://www.sapphireandsaltspa.com/>

Lou Ceparano

Close Up Television & Radio

+ +1 631-850-3314

[email us here](#)

Visit us on social media:

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/943010665>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.